



The Rural City of
**MURRAY
BRIDGE**

Bridge to Opportunity

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MEDIA RELEASE

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Mayor Brenton Lewis is encouraging residents to get to know each other and share a cuppa in celebration of Neighbour Day 2017.

Neighbour Day is an Australian annual celebration of community that encourages people to connect with those who live nearby to be held on Sunday 26 March this year.

Mayor Brenton Lewis raised the promotion of Neighbour Day at a recent Murray Bridge Safe meeting as Neighbour Day strongly aligns with Council's Vision of Thriving Communities and Council's Strategic Plan theme of Connected Communities.

"Neighbours are important because good relationships with others can and do change communities," said Mayor Lewis.

"Social connection makes us feel better as it helps prevent loneliness, isolation and depression.

"When you connect with the people who live nearby, you're showing you care about what happens locally and are directly supporting safe, friendly and resilient neighbourhoods."

According to Relationships Australia, people living in neighbourhoods that are highly connected enjoy overall higher levels of physical and mental health. 55% of people who ring Lifeline's help line have been found to live alone and feel socially isolated and lonely.

Council's Chief Executive Officer Michael Sedgman said there are many ways to celebrate Neighbour Day.

"You could organise your own event, work with a group of neighbours, or even host an event for your street or area," he said.

Other options included introducing yourself to a new neighbour or someone you haven't spoken to before in your street.

"Drop off a kind note to an elderly neighbour or invite them over for a cuppa," said Mr Sedgman.

"You can never have too many friends around you and your note or invitation may make a significant difference to the life of your neighbour."

Mr Sedgman is interested in hearing from community members how they believe Council and/or community organisations could assist in building Neighbour Day in years to come.

To submit your ideas email council@murraybridge.sa.gov.au

Visit neighbourday.org for more information.
